

Introduction to EBP(evidence based practice) & EBP Process

General definition:

The conscientious use of current best evidence in making decisions about patient care

More specific and thorough definition:

- A lifelong problem-solving approach to clinical practice that integrates:

A systematic search for as well as critical appraisal and synthesis of the most relevant and best research (i.e., **external evidence**) to answer a burning clinical question

- One's own clinical expertise, which includes **internal evidence** generated from outcomes management or quality improvement projects, a thorough patient assessment, and evaluation and use of available resources necessary to achieve desired patient outcomes
- Patient preferences and values

Research Utilization Vs. EBP

- **EBP** looks at **multiple studies** to get a bigger picture of the evidence.
- It also includes the expertise and experience of the healthcare provider and takes into account the **preferences** and **values** of the patient.
- **Research utilization** is when we use the findings from **one study** to guide our decisions.
- **EBP combines research, professional knowledge, and patient needs to make the best possible decisions for care.**

Why Evidence-Based Practice?

- It leads to the **highest quality of care** and the **best patient outcomes**
- It **reduces healthcare costs** and **geographic variation** in the delivery of care
- Findings from studies also indicate that clinicians report feeling **more empowered** and **satisfied** in their roles when they engage in EBP
- Evidence evolves **continually**

What is Evidence?

Evidence is a **collection of facts** that are believed to be true.

There are two types of evidence:

External evidence

Is generated through rigorous **research** (e.g., **RCTs** or **cohort studies**) and is intended to be generalized to and used in other settings.

Internal evidence

Is generated through **practice** initiatives, such as **outcomes management** or **quality improvement projects** undertaken for the purpose of improving clinical care in the setting in which it is produced.

Evidence-Based Practice Process

0_Cultivate a spirit of inquiry.

1_**Ask** the burning clinical question in PICOT format.

2_**Search** for and collect the most relevant best evidence.

3_Critically **appraise** the evidence (rapid critical appraisal, evaluation, and synthesis).

4_**Integrate** the best evidence with **clinical expertise** and **patient preferences** in making a practice decision or change.

5_**Evaluate** outcomes of the practice decision or change based on evidence.

6_**Disseminate** the outcomes of the EBP decision or change.

Step 0 {Cultivate a Spirit of Inquiry}

*To do EBP well, you need a curious mindset—a "**spirit of inquiry.**" This means*

always asking questions about how care can be improved and being open to challenging current practices.

Without this mindset and a supportive environment, it's hard for EBP to succeed or last.

What Makes a Good EBP Culture?

1. **Curiosity:** Everyone on the healthcare team is encouraged to question and improve current practices.
2. **Supportive Philosophy:** The hospital or clinic includes EBP in its mission and goals.
3. **EBP Mentors:** Experienced staff guide others, share knowledge, and help overcome challenges to change.
4. **Helpful Tools:** Access to resources like computers, databases, and educational sessions to make EBP easier.
5. **Leadership Support:** Leaders value EBP, act as role models, and provide the resources needed for success.
6. **Recognition:** Teams and individuals who use EBP are celebrated and encouraged.